



Fearless Physical Activity Program Resources

Recreational Games

Strike A Pose



You will need:

- 7+ players
- No equipment needed!

To play:

- One person will be the 'director' and the rest will divide into pairs
- Each pair will have to come up with a partner pose and name it, and share this information with all of the players involved in the game
- One partner will walk in a small circle clockwise, and the other partner will walk in a larger circle around them counter-clockwise. All pairs will be walking around at the same time. The further apart the circles are the harder this game will get.
- When the director calls the name of the pose i.e. London Bridge represented in the picture above, the partners will try to be the first to link up and form the pose
- If they are the last team to strike their pose, they will be given one letter of the word POSE
- Once a team has the whole word POSE, they are out!